

Guardian

Volume 11, Issue 2

Produced for Personnel of KFOR Multi-Nat

9/11 In Kosovo

AMERICA
WE ARE ALWAYS
WITH YOU



GOT SOLE? NEW BOOT OPTIONS EXPLAINED • GET SOME OC TO THE FACE WITH TF SHIELD



Which Reflects Better... *...On the Soldier?*

Sure, the minute you start out of the hooch, your boots start looking like you dragged them behind the humvee.

But how is that different than anywhere else?
Don't let your professionalism slide.

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September 22, 2004

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PHOTO BY SGT. BENJAMIN HOKKANEN

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Citizens of Ferizaj/Urosevac march in memorial to those who lost their lives on 9/11. Photo By Staff Sgt. Jeffrey Duran

Welcome to the Guardian

Welcome to the new Guardian. A magazine for Soldiers by Soldiers. A magazine built to give both information you can use, and knowledge about what is happening in and around Multi-National Brigade (East).

As part of getting you information you can use, we've added a series of sections designed to help out in both your daily missions and in your personal life.

Our first section, **Quicktime**, will give you news briefs and short stories, as well as a heads-up on upcoming events. If you are planning an event or activity for MNB(E) Soldiers, please submit it to us and we'll do our best to get it in. We publish every other Wednesday, so we'll need your information at least a week prior.

Around MNB(E) will be the place to find out what's happening with non-U.S. Forces. We are an international brigade and we hope to be involved in helping everyone, regardless of nation, stay informed.

Leaders' Notes gives Soldiers in leadership positions an open forum to address issues. These guest columnists will be anyone from first-line leaders to commanders. All leaders are welcome to submit an article.

Gear & Gadgets covers aspects of both issued and non-issued equipment. This column can include any aspect of Soldiering to include boots (covered in this issue), hydration systems, PDAs, or anything that makes your mission easier or your personal life better while deployed.

Neither the authors, nor this publication, will ever endorse one commercial product over another.

We'll give you differences between products and what to look for in products, so you can make informed decision.

If you have a type of gear you'd like to see covered please drop us a line, and we'll do our best to see if we can make it happen.

Fitness & Health addresses not only all the aspects of physical training, but also gives advice on how to take care of yourself during deployment. It's real easy to fall off the wagon when it comes to PT, so hopefully we can keep you on track.

Faith & Community covers both the task force chaplains, and community issues. If you're involved in the community, we want to know about it. Soldiers are making a difference out there beyond the wire, and we want to give credit where credit is due.

Off Duty is pretty self explanatory. We want to help you make the best of your down time. Whether out on pass or getting involved in sports, we want to let you know what's out there to do.

I Am the Army shines the spotlight on remarkable MNB(E) Soldiers. Not only do we recognize outstanding Soldiers in this column, we try to find their inner "Hooah" that makes them so motivated.

You can nominate any Soldier by submitting a couple of informal paragraphs about why the Soldier is your best troop.

Of course we'll keep a lot of features in place for in-depth reporting or rich photography. Our features try to provide the best information and best pictures we find.

We can't, however, find it all. If you have a great idea, or have taken a great image, share it with us.

All of our column writers have photos next to their work, as well as their email addresses. Corner us in the mess hall or send an email. We'll never be able to cover everything, but give us a shot.

This is your magazine and we would appreciate your input. ✉



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Quicktime

Area Support Team Starts Work

Area Support Group transitions to civilian staff

During a ceremony on Sept. 9, Area Support Group (ASG) Falcon at Camp Bondsteel was deactivated and responsibility was handed over to the new Area Support Team (AST). This new team assumes the same functions as the former ASG but will rely on civilian personnel to fulfill their mission.

The AST is one of the first of its kind in the U.S. armed forces.

Nearly all other groups or teams of this kind are run by Soldiers, not civilians.

The Army is experimenting to see if

the civilians can be used to perform the same duties as the current military staff, said Command Sgt. Major Lester Williams, command sergeant major for the former ASG and the new AST.

The full transition will take place over a period of several months. The first stage of the transition from military to civilian personnel occurred during the ceremony when Col. Terry Fobbs, ASG commander, transferred authority to George Bostick, who will serve as head of the AST.

The AST will conduct the same mission as the ASG, which is to man-

age the garrison environment so the task force can focus their time and energy on missions in the field.

This means the team coordinates all civilian workers, MWR facilities, AAFES facilities, Brown & Root services, and force protection.

The team's goal is to make the base camps a comfortable and safe place to come back to when the Soldier's mission is complete, said Williams.

"I know (they can do it) because I know these civilian leaders that have assumed authority; they know what they are doing," said Williams.

Army volunteers in Chicago

Soldiers, JROTC cadets and USO volunteers distributed more than 3,000 yellow ribbons to Chicago commuters Sept. 10 to help them remember the victims of 9/11 and the troops who are fighting in the Global War on Terrorism.

Normally commuters in Chicago are very focused on getting to work, said Lt. Col. Ryan Yantis, director of Army Public Affairs - Midwest. He added that on Friday morning, though, many stopped to chat, shake our hands, thank us for our service and that meant a lot.

I felt great doing something like that for the victims, for the memory of 9/11. The whole thing was just amazing, said Oyuterdene Amarbayar, a sophomore JROTC cadet from Nicholas Senn High School in Chicago.

The reaction was great, said Victor Castillo, who is a sophomore cadet from the same high school. For example, one woman accepted the ribbon and said: I pray every morning for all of you.

Amarbayar, Castillo distributed the ribbons with two other cadets on Friday morning, and they made the 3,000 pins earlier in the week with about 100 of their JROTC classmates. Three USO-Illinois volunteers, the cadets Army instructor and the three-person staff of Army Public Affairs Midwest also distributed the ribbons.

A yellow ribbon symbolizes support for America's troops.

The overall purpose of handing out the ribbons was tri-fold, according to Yantis. The Army volunteers wanted to remind people to remember the victims of 9/11, to support the troops and to endorse the USO, which does such a great job of supporting troops, he said.

EOD Offers Classes

The 734th Ordnance Company (Explosive Ordnance Disposal) is now teaching classes on how to deal with explosives. Soldiers of Task Force Falcon can take the classes for their own safety and for common task training.

"The main subject areas are UXO (unexploded ordnance) awareness, nine-line report procedures, bomb threats and bomb searches," said Sgt. 1st Class Howard Trexler, NCOIC of the 734th. Call the 734th at 781-4085 to schedule a class.

Lost Something?

Camp Bondsteel's lost and found is now located at the provost marshal's office in building 1092. They can be reached at 781-5050.

G2/IBOS Officer Call

All G2/IBOS Officers are invited to attend a monthly officer's call and dinner on the second Thursday of each month.

The dinner is held at Camp Bondsteel's north dining facility at 1900. The dinner is a strictly social event.

MPs, Greeks Patrol

The day started as any day in Ferizaj/Urosevac does. At first, just a few people walked the sidewalks and streets, heading for work. Slowly, as the day brightened, people started to set up tables and booths with CDs and cassettes, fresh milk, fruit, vegetables, and cigarettes.

Greek Soldiers stood at the driveway to an old church as a convoy of American humvees drove up. The Greeks smiled and nodded casually as the Americans entered.

The Soldiers from the 35th Military Police Company partnered with Greek Soldiers from the 525th Mechanized Infantry Battalion for the patrols that day. Most of the focus was on St. Uros Church, a Serbian Orthodox church in the middle of a predominantly

Albanian city. The Serbians had been planning a pilgrimage there in celebration of St. Uros Day, but the event was cancelled at the last minute, said 2nd Lt. Eric Hickman, platoon leader for 35th Military Police Company.

The two-nation patrol's mission was to simply be a presence in the area. Periodically, Soldiers take a break from standing guard at the church and walk through the city, another part of patrol missions.

Greeks and Americans work together frequently for these types of missions, said Sgt. Asterios Saoulis, a Soldier from the Greek 525 Mechanized Infantry Battalion. "We are always glad to (work with U.S. Soldiers) because of the previous cooperation we have had."



PHOTO BY STAFF SGT. JEFFREY DURAN

Greek Soldiers from the 525th Mechanized Infantry Battalion guard the gate at St. Uros church in Ferizaj/Urosevac

Hickman feels the same way. "There's always going to be a slight communication barrier, but other than that, it works out pretty good. They enjoy having us here and we enjoy being here."

Lithuanian wins Strongest KFOR Soldier



PHOTOS BY CPT. ANDRIUS ALMANIS

Cpl. Tomas Miezlaiskis of the Lithuanian National Guard pulls and lifts his way to 1st Place in the 'Strongest KFOR Soldiers' competition.



PHOTOS BY MAJ. ERIC LARSON

Change of Command

(Above) Brig. Gen. Miroslaw Rozmus, commanding general of 21 Podhales Rifleman Brigade, presents Brig. Gen Tod Carmony, commanding general of Multi-National Brigade (East) with a ceremonial gift during the Polish/Ukrainian Battalion change-of-command. Lt. Col. Piotr Sadowski and the Soldiers of the 1st Podhales Rifleman Battalion were replaced with Lt. Col. Ryszard Wrobel and the newly arrived Polish Soldiers.

(Below) Soldiers from Poland, Ukraine and Lithuania stand in formation during the ceremony. Carmony thanked Sadowski for his service and leadership.



Civil Military Operations Matter



PHOTO BY STAFF SGT. TOMAS ROFKAHR

CMO missions require different skills but we're overcoming obstacles and making a difference

Soldiers and volunteers from Ferizaj/Urosevac pose for a picture during a 9/11 memorial

By now, most of us in Task Force Falcon have settled into somewhat of a day-to-day routine as we go about the important business of accomplishing our Multi-National Brigade (East) mission. Demographically, we come from 20 states and six countries. We represent all three components of the U.S. Army: ARNG, USAR, and Active Duty. We have trained individually, and collectively, for many months in preparation for this deployment. Most importantly, we have become a cohesive military organization which has the knowledge, skill, and commitment to meet the challenges of the weeks and months to come.

From a tactical perspective, we are ready to meet any challenge. The structure of MNB(E) reflects the nature of our peace enforcement mission.

One of the differences in our mission as compared to past traditional military operations is the concept of Civil Military Operations (CMO). Doctrinally, CMO are the activities of a commander that establish, maintain, influence, or use relations between military forces, government (GOs), non-governmental (NGOs), and independent civilian organizations and authorities (IOs), and the civilian populace in a friendly, neutral, or hostile area of operations in order to facilitate military operations and consolidate and achieve U.S. objectives.

Clearly, ours is a CMO-heavy mission, in that we are constantly working with the citizens of Kosovo and the multitude of NGOs and IOs that contribute resources and personnel to assist in the way forward. Whether on patrol, participating in a medical operation, supporting task force operations, or planning future operations, all of us in some way are involved in CMO.

The ways in which we apply our military capabilities to support a safe and secure environment and the transition to civil authorities are the keys to our mission accomplishment. We have all heard about the second and third order effects of our actions, and how these potential effects have to be considered before we conduct operations.

To ensure our ability to conduct effective CMO, we must be able to work with Kosovo's diverse population. This involves understanding the various Kosovar cultures and ethnicities to enable clear communication, and to establish and maintain the effective interpersonal relationships so necessary for our work here.

To support this important area, the commanding general has a cultural advisor, Drita Perezic. In future issues of the Guardian East, Perezic has agreed to write articles highlighting the ethnic and cultural components of Kosovo's population. I think you will find this useful and interesting.

As I look back over the first 30 days of the deployment of the majority of MNB(E), I believe we have accomplished much in the CMO area. We are engaged and building relationships across the area. We are sustaining, and continuing to build, the trust that the Kosovo people have developed with KFOR. Now that we have gotten our feet on the ground and tested ourselves against the standards and accomplishments of prior rotations, we should feel proud of our work.

At the same time, we've become more knowledgeable about what we don't know, and how we need to go about narrowing that gap. Traditional measurements of military success do not always apply here. Statistics like the number of displaced person returned, transfer of administrative functions to civil authority, and progress towards standards, are the key measures of our success.

I'm very confident that the great soldiers of MNB(E) will continue to execute this important and complex mission with the same skill, agility, and professionalism that they have demonstrated in past assignments. ■



Col. James Chisman is the deputy commander, CMO and can be reached at james.chisman@bondsteel2.areur.army.mil

What Makes the Army? Soldiers



PHOTO BY SGT. BENJAMIN HOKKANEN

High-speed. Intelligent. Motivated. Dedicated. These are some of the words used to describe many Soldiers in the Army today. They are also the words used by Capt. Christopher Call, HHC 1-148th Infantry, as reasons why Spc. Christopher Kramer exemplifies what the Army is all about. In each issue of the Guardian magazine, we will be covering Soldiers, nominated by their fellow Soldiers, who embody the Army values and everything the Army stands for.

Guardian: How long have you been in the Army National Guard?

Spc. Kramer: One year and three months.

Guardian: So, I've been told you're an ex-Marine.

Kramer: *Former* (much emphasis on former) Marine, yes. I was in the Marines for two years, three months, and seven days.

Guardian: Why did you join the Army National Guard?

Kramer: I joined for a couple of reasons. Serving in the military is something I believe in.

Also, because I didn't get a chance to finish my original contract [with the Marines], I wanted to uphold an oath I made before God, to fulfill my obligation to the United States.

Guardian: What is your job here in Kosovo?

Kramer: I work in the Personal Security Detachment (PSD). We provide security for the S-shop officers, civil affairs, battalion commander and command sergeant major.

We help transport them to wherever they need to go and provide security for them, being more or less a bodyguard.

Guardian: How do you like your job

here?

Kramer: It's really cool! I get to get out a lot more than other line companies. I've been able to go to pretty much every village there is to go around here.

I get see the sights and take some pic-

Name: Kramer, Christopher
Unit: HHC 1-148th Infantry
Date of Birth: October 20, 1980
Hometown: Delaware, Ohio
MOS: 11B – Infantryman
Hobbies: Music, computer games, Buckeye sports

tures with my camera everywhere I've been. I guess I have a lot more freedom than most people do. I really like it.

Guardian: What do you see as being your biggest challenge while being here, either personal or professional?

Kramer: The only thing that I haven't been able to do yet is schedule time to take any of the classes I still need to finish my Associate's Degree.

My schedule is so hectic that it's always changing, and I don't have any set schedule.

Guardian: What has been the highlight of your deployment so far?

Kramer: Two things. The first being the fact that I get to get out and see

everything that people are talking about, and that I'm not stuck in one sector. The second is the radio show that I do in Gnjilane at Radio Victoria. It's definitely starting to pick up now.

We did the first one with the Task Force Redhorse guys and they ran the show, just to show us what was going on. I work the music as the DJ (disc jockey).

Things are definitely picking up. More people are calling in to the station. It's great to know that the people in Gnjilane are listening.

Guardian: Tell me a little more about your radio show.

Kramer: We start off by playing the theme song for our show that we call the "KFOR Connection."

There are three of us on the show, all from the PSD office.

I call myself DJ Slinky, Sgt. William Chandler, Jr. is DJ Redman and Spc. Thomas Howerly is MC Hot Sauce.

We choose a couple of songs to start off with and then people call in and make their requests.

We let the callers on the air and find out what they want us to play and let

See *ARMY*, page 22

These Ain't Your Momma's Boots

With all the different kinds of boots on the market – look for what you need to use them for...

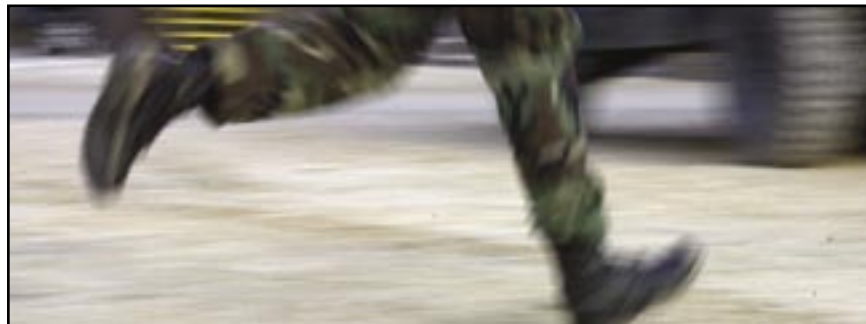


PHOTO BY STAFF SGT. JEFFREY DURAN

To get in the fight, you have to get to the fight.

What you put on your feet plays a big role in how you feel when you get there. Just as you don't want to do a 3-5 second rush in a pair of tanker boots, wearing jungle boots in three feet of snow doesn't make much sense either.

A boot is a tool, and you'd better have the right tool for the right job.

Here in Kosovo there are quite a few missions to accomplish, but there is little call for those shiny parade boots you keep for making an impression of folks.

Truth be told there's an awful lot of walking to be had out there, and taking care of your feet is a prime reason to look at what you're wearing. Your standard-issue boot is a good general-purpose tool that will hold up reasonably well; that doesn't mean they are perfect or comfortable all the time. As with most general-issued items, they are designed to work in most situations with minimum problems.

If you want to improve your situation, at your own expense, there are plenty of options to be had. These options have gained an awful lot of popularity in recent years, and the technology behind them seems to have gained a lot of ground too.

The only real question is what you want to accomplish. Durability, traction, comfort and speed are all involved in how you might be able to accomplish your mission.

Now, AR 670-1 is plenty clear

on the use of "Hi-Tech," or so-called "tactical boots." These glorified black sneakers won't get you far with the command, or in the field. The best options come in the form of black leather boots (8-10 inches in height) and black jungle boots. The wear of green jungle boots is still authorized except in formation, but it seems that its days are numbered.

There is some gray area in the regulation when it comes to green canvas, but you're probably better off with black uppers. In other words, if you're really hankering for those traditional greens ask your command before you plunk down the dollars.

There are a ton of leather boot styles out there, in addition to numerous jungle boot manufacturers. Trying to sort out what's best for your situation is impossible in a forum such as this, but I can tell you some tips on what to look for.

The thing that you've got to figure out is what kind of sole you want to have. Some of the most exciting innovations are where the tread meets the road. These soles can be essentially added as an "aftermarket" item with a resole company, or purchased on the boot itself (see Sole Purpose, right).

Once you've got your sole sorted out, you need to consider the comfort, temperature and flexibility your feet need to get you to the mission.

When it comes to running and sprinting, jungle boots have the upper

Sole Purpose

One of the most noticeable improvements in boots comes from the new technologies of the sole. The ripple sole has become more popular of late, and has generated more controversy.

Ripple soles use bands of angled rubber to gain more traction and comfort. However, two things offset this. First, the sole places your foot higher off the ground, and increases the chances that you'll roll your ankle and injure yourself. Second, mud has a nasty tendency to become firmly attached. In desert environments this is not an issue, but Soldiers here in Kosovo need to keep this in mind.

Another option is a series of traction treads loosely based on the "Panama" tread that comes stock on jungle boots. These soles use grooves around the edges of the sole, and lugs or ridges in the center. These types of soles are suited to field environments and various



Ripple Sole



Sierra Sole

See SOLE, page 22

See GEAR, page 22

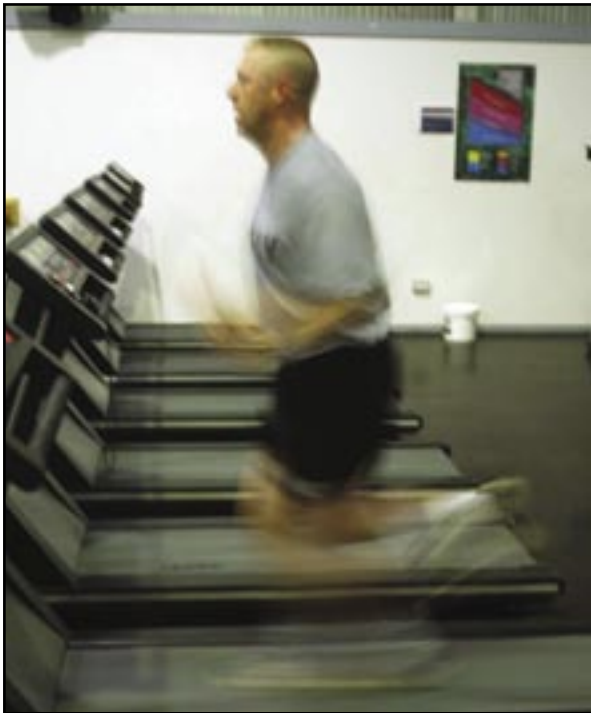


PHOTO BY SGT. BENJAMIN HOKKANEN

Fit or Fat: It's Your Choice

*Have you made a fitness goal yet?
Setting goals can help you in your
eating, exercise habits*

1st Lt. John Pflaumer, HHC, 1-148 Infantry runs in the Monteith gym.

One of the first pieces of left seat, right seat information I received when arriving here in Kosovo came from Lt. Col. Gordon Ellis, Task Force Shield commander, who said, "You need to see Camp Monteith; the dining facility is world class and so is the gym. I've been told that during your rotation you will either get fit or fat." It's a true statement. Now what are you going to do with this information?

We are going to be on this deployment for at least six months. Have you set some goals to improve yourself during this time? There are many things you can do that are readily available both at Camp Bondsteel and Camp Monteith. It is truly a shame if everyone doesn't improve him- or herself during deployment.

What about physical goals? I don't claim to be a fitness expert. I'm a 38-year-old, over-200-lbs, 20-years-of-service major who appreciates the fact that the Army forces me to stay in a certain degree of fitness so I can enjoy life.

I've set some goals for myself while I'm here in Kosovo, and I'd like to share them.

First, I'd like to lose 20 lbs so that

doing physical things will be easier. My other goal is to properly train so I can run Grandma's Marathon in Duluth, Minnesota on June 18 fast enough to qualify for the Boston Marathon. I've run seven marathons before, but I have to run much, much faster to qualify for Boston. Working toward your goals will help the time go by more enjoyably.

How do you achieve weight loss while here with all the wonderful food at the dining facilities? That is a self-answering question.

The dining facilities have a tremendous variety of food available. The key to success is to choose food that will assist rather than hinder you towards your goals. Foods that have high calorie count, significant fat, large percentage of carbohydrates, or processed sugars should be avoided if weight loss is your goal. Some of the drinks at the dining facility are loaded with high fructose corn syrup, a complex sugar that can lead to weight gain.

However, there are many good drinks, vegetables, fruits, salads, and healthy meats like lean chicken and fish that can be very satisfying yet not harmful to weight loss goals. Desserts such

as Jell-O or a small treat in moderation can relieve the craving without significantly slowing your progress towards your goal. Do the research, either in the library or online, on what food and exercise is appropriate for you.

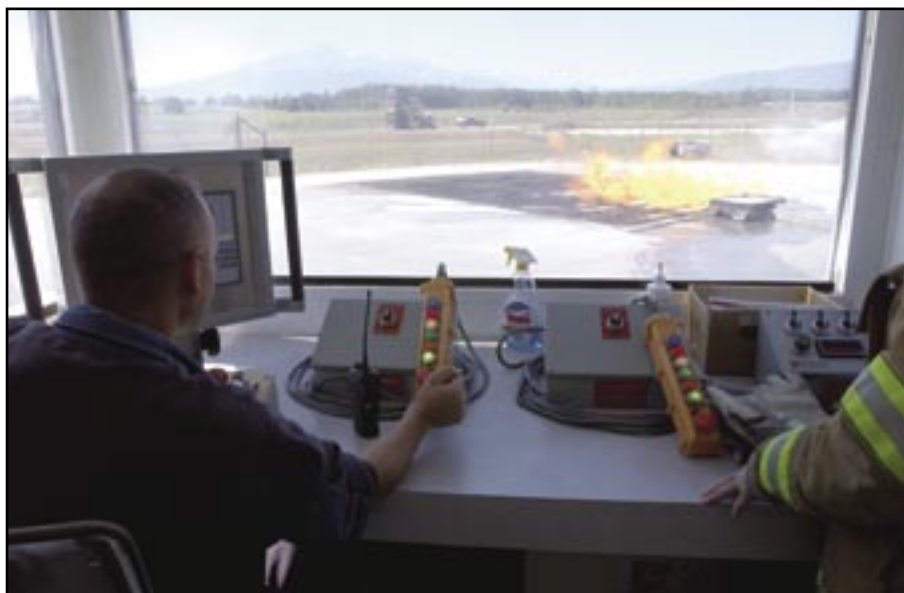
Finding places to exercise here in Kosovo couldn't be easier. There are three gyms on Camp Bondsteel and one on Camp Monteith, in addition to running tracks, volleyball and basketball courts, and soccer and softball fields. Anyone can find an activity that will increase his or her cardiovascular ability.

I encourage you to find an activity you enjoy and do it daily. The key to success is consistency. If you can build a routine that becomes part of your daily ritual here, maybe it will become part of your daily ritual at home.

Being fit and having a long, high-quality life is a balance of mental, spiritual and physical conditioning. What are you doing to improve? ★



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Hot Deal: Soldiers ge

*Story and photos by
Spc. Adam J. Dielschneider*

You stand on the blacktop, facing a series of black pads spread on the ground ahead of you. A small flame burns near the edge of the pads, and suddenly ten-foot flames spring up. You start to sweat as the heat rolls toward you. You're holding a fire extinguisher hose. But do you know how to use it?

About two dozen Soldiers were faced with this very situation during their fire extinguisher training class at Camp Bondsteel. The Soldiers, mostly pilots and crew chiefs for Troop P, 4-278th ACR, had spent the previous hour watching an instructive video on how to operate the fire extinguishers, said Arturo Lares, lead fire inspector for Task Force Falcon Fire Department.

"If you know how to use a fire extinguisher, it can prevent a small fire from getting out of control," said Lares. "The most important part of this training is teaching people how to react to a fire and what their equipment is capable of. We teach them how to apply foam so that it is most effective. The hands-on

approach is much more effective than just watching a video."

The extinguisher system the Soldiers used for this class was a large model designed to put out fuel fires. It consists of a large red tank, which holds a water and foam mixture, and two small compressed air tanks, which pressurize the system and propel the mixture through the air. The three tanks are attached to a metal frame with wheels for easier portability, since it is quite heavy—a little over 600 pounds—when fully loaded, said Lares.

Soldiers got hands-on training for the second portion of the class. Each person was given a chance to practice putting out the flames that the training system created. The training system, a series of black pads on the blacktop, is fueled by propane and controlled from a nearby control booth, where an operator can specify the intensity and area of the flame. A computer system monitors the temperatures of the equipment to keep it from overheating, said Lares.



et fired up

Using the training system, not only do Soldiers learn how to set up and use the extinguishing system, but they also learn what the limitations of the system are. This is an important part of fire safety, whether using a large system such as this or a small handheld extinguisher, said Lares.

“(The training) is hands-on, and we’re able to ask questions. It will definitely help us if we have to fight a real fire,” said Chief Warrant Officer Randall Rivers, a pilot for Troop P, 4-278th ACR. Fire extinguisher training is required for some people on post, such as those who work at the refueling point and the flight line, said Lares.

The fire department offers classes for handheld extinguishers as well, and anyone can sign up, Lares said. “I encourage everyone to take advantage of this training. It can save someone a lot of money, and it can save someone’s life.

Call the fire department’s non-emergency extension, 4098, to schedule a class for your unit.



(Far Left) A Camp Bondsteel firefighter operates the fire training system from the control booth.

(Top) A Soldier from Troop P, 4-278th ACR practices putting out fires using a large, foam-producing fire extinguisher.

(Left) Arturo Lares, lead fire inspector for Camp Bondsteel fire department, teaches the Soldiers how to operate the fire extinguisher system.

Citizens of Ferizaj/Urosevac march in memorial to those who lost their lives on 9/11.





Children of Urosevac/Ferizaj hold up signs showing support for the United States during a 9/11 memorial.

Citizens Show Support

The citizens of Urosevac/Ferizaj want it known that they support the United States when it comes to terrorism.

On Sept. 11, volunteers, community leaders and citizens held a rally in downtown Ferizaj/Urosevac, followed by a candlelight vigil in remembrance of 9/11.

"We are here today to remember what happened in the United States," said one of the organizers. The rally was supported both by civic and civil organizations.

The show of support began with a moment of silence, as children shuffled their feet while holding signs they'd drawn. The gathered supporters looked on, withdrawn and buried in their own thoughts.

Following the moment of silence and short speeches, a local theater group began a play to the sound of sorrowful music. Two women dressed all in white, symbolizing the twin towers, stood proudly in the open area, as men dressed in white fussed over their appearance. One by one, men and women were struck down by men dressed in black. In the city square filled with people, not a sound was heard beyond the drone of the music. Candles were then lit and placed next to the fallen.

When the play was over, citizens and volunteers took to the streets and marched. The focal point of their march was a wide banner signed by the volunteers and children.

"This means a lot to me what people are doing out here," said Spc. Adam Leirer, 35th Military Police Company. "My cousin worked at the World Trade Center as a temp. She was supposed to go in to work on the 101st floor. She called in sick. Thank God she wasn't there."

Later that night, the group followed up with a candlelight vigil in memorial for those who were killed on 9/11. In the middle of the plaza, people holding candles surrounded a "USA" spelled out with candles.

"We want to show that we are the friend in the bad days," said one of the organizers.

*Story and photos by
Staff Sgt. Jeffrey Duran*



Members of a Ferizaj/Urosevac theater group depict the destruction of the twin towers on 9/11

It Can't Hurt That Bad...

Story and photos by Sgt. Benjamin Hokkanen

Imagine standing in line as Soldiers from your unit turn into whimpering babies after having their faces drenched with Oleoresin Capsicum (OC) Spray. Then you notice that a couple people seem to be taking it okay, so maybe, just maybe, it won't hurt too badly when your turn comes.

Well, the inevitable has happened—you're next. You get in position to be sprayed with the OC Spray and the trainer tells you to close your eyes and mouth.

"PPPHHHHT," is all you hear as the spray streams from the canister. Now imagine hot magma covering your face, burning your eyes so badly you can't see and restricting your breathing passages, not to mention the horrible odor you will smell for days every time you shower. Now you can begin to sympathize with the Soldiers who went through OC Spray training.

While performing peacekeeping duties, like the KFOR mission, it is important for Soldiers to have options to control situations other than using a rifle or pistol. Non-Lethal Weapons training is a way for Soldiers to have those effective alternatives, and OC Spray is one of those options.

"In order to spray OC though, a Soldier has to be sprayed with it first," said Sgt. 1st Class Kevin Taylor, Company E, 1-118 Infantry. "That is why we do the OC Spray Training."

Task Force Shield Soldiers involved in the OC Spray Training were members of the 1-148 Infantry Battalion; Company C, 206 Engineer Battalion; and Company C, 1-118 Infantry Battalion. The training consisted of two parts—classroom training and the Soldiers getting sprayed, said Taylor, the NCOIC for the training.

The classroom instruction consisted mainly of a presentation that covered some of the basics of OC Spray: where the Oleoresin Capsicum comes from (oil in the leaves of the Capsicum plant), how to properly use and hold the canisters, different spraying patterns, physiological and psychological effects of OC, and how to properly handle detainees affected by the spray.

"The purpose of the training is to show the Soldiers that they can work through contact with the OC Spray," said Taylor. "Soldiers also get sprayed so that they have a respect of the OC Spray and what it can do to others."

The second part of the training consisted of the Soldiers getting sprayed, going through a course performing riot control duties with the help of a guide, rinsing the spray off their face and body and recovering. Well, beginning to

recover anyway.

"Initially the only problem was difficulty attempting to see," said 1st Lt. John Pflaumer, HHC 1-148 Infantry, when describing his training. "It then became an incredibly intense burning sensation which felt as if someone had tossed a bucket of molten lava on my face. While going through the course, I knew I was swinging at something. I couldn't see what I was hitting, but my guide escorted me from station to station. I was essentially blind at that point."

"It took me about three or four days to fully recover. The intense burning calmed down to the point of tolerable pain in about two hours. The skin in my eyes kept peeling, causing me to think I had some weird form of conjunctivitis," said Pflaumer, referring to the eye disease commonly known as "pink eye."

The Soldiers who are now certified have a whole new respect for OC Spray after going through the training. "I know not to play around with the stuff and only to use it when necessary," said Pflaumer. "I am now fully convinced it will render a potential adversary seriously incapacitated."

It is because of comments like Pflaumer's that the trainers know that the training was a success.

"The Soldiers now know how effective the spray is," said Sgt. Ryan Mangus, HHC 1-148 Infantry, who assisted in the training. "This is good because they have confidence in it and can reach for it before they reach for their weapons."



(Top) Spc. Phillip Campbell, Company E, 1-148th Inf, fights through a stage in the non lethal weapons training course. (Right) Campbell attempts to rinse the OC Spray off his face after completing the non-lethal weapons training course at Camp Monteith. (Above) Staff Sgt. Dunstan Padgett, Co C 1-118th Inf. takes a shot of OC Pepper Spray to the face.



Hazmat team reacts



PHOTO BY SPC. ADAM DIELSCHNEIDER

*Story by
Spc. Adam
Dielschneider*

The Aug. 27 fire at a Camp Bondsteel fuel point did more than just damage three vehicles. Because spilled fuel was involved, the fire created serious threats to the soil and ground water in the area.

"The hazardous materials spill response team responded within an hour of the start of the fire," said Gregory Taylor, environmental officer for Camp Bondsteel.

Once the team was there, they evaluated the situation to determine the best measures to take in order to contain the contamination. The motor gasoline (MOGAS) from the three vehicles was the major concern, since it was mixing with the water from the fire trucks and washing into the drainage ditches, said Taylor. MOGAS is the military term for ordinary 87-octane gasoline, used by most cars in the U.S.

The team tried two different methods to contain the fuel-water mixture. First they placed absorbent socks, filled with a substance that absorbs petroleum products but not water, in the flow of the water. Though it worked well at first, eventually the flow of water overwhelmed the socks and started flowing around them, said Taylor.

The second try involved using soil to form a reservoir to collect the water and prevent it

from running down the drainage canals. It worked well, Taylor said. After collection, the water was then pumped from the basin using pump trucks.

Fuel tanks, such as the one involved in the fire, usually have containment structures built around them to help contain any spilled fuel. While this tank did have a containment wall, it was destroyed in the fire, so the water and fuel leaked out. "The only thing that could have prevented this spill was to prevent the fire," Taylor said.

Because officials are still conducting an investigation to determine the cause of the fire, the HAZMAT team will wait before cleaning up the immediate area where the fire took place. However, they will start taking soil samples in the surrounding area to determine what actions need to be taken to get rid of any fuel contamination. They may have to remove all the contaminated soil and replace it with new soil.

The team will also be checking for threats to the ground water in the area, said Taylor. The fuel is not a threat to Camp Bondsteel's drinking water, which is drawn from much deeper in the ground than the fuel can penetrate.

Once the team is allowed into the area of the fire, they will spend several days collecting samples and two weeks conducting a lab analysis of the samples. The team will spend three days cleaning up the site, and they will continue to monitor the site for another month to make sure the job was done right, Taylor said.



PHOTO BY STAFF SGT. JEFFREY DURAN

(Top and Above)
Members of
Camp Bondsteel's
HAZMAT team
work to contain
leaking fuel
during the
Aug. 27 fire.

GET OUT!

**When the going gets tough...
The tough go shopping?**

**Shopping trips to
Film City start this weekend.
Wanna go?**

Sign up at MWR!

Retreat Offers Spiritual Growth

This is your chance to take the Chaplains up on the opportunity to walk in the footsteps of the Apostle Paul in Greece

The city ruins at Philippi are just one of the great historical sites Soldiers can see on the retreat.



PHOTO BY CHAPLAIN (LT. COL.) ANDREW AQUINO

As nice as these base camps here are, I know that a lot of you would eventually like to get out and take a break. Nothing would be nicer than spending a few days in civilian clothes, buying souvenirs and seeing a few historical sights. Thankfully, we have two choices when it comes to getting off post for a few days—one is through the fighter management pass program trip to Sophia, Bulgaria, and the other is through the chaplains' spiritual retreat to Greece.

But don't get the two confused. For those of you who don't know, the retreat to Greece is a four-day trip intended to give Soldiers a chance to walk in the footsteps of the Apostle Paul. Paul spent some time in Greece during his missionary journeys, and since Greece is only a bus ride away from Kosovo, the chaplains have arranged a series of short trips there. Each trip will include up to fifty Soldiers with them.

Before you get too excited, I should let you know that there are some requirements for this retreat. To better acquaint you with where you'll be going, you'll have to attend eight hours of classroom instruction. This prepara-

tion stage is very important if you want to understand the historical and biblical significance of the sights you'll see.

Since this is a retreat, you'll be required to stick with the itinerary that the chaplains have created, including the prayer, devotional and Bible study times. Participation in the spiritual activities is a must, so don't go if you aren't comfortable with that. This trip is a spiritual retreat, not a three-day pass, so don't expect to taste even a drop of alcohol. And as for clothing—you will be traveling incognito, meaning no hint of military on you. Sorry, as much as I know you want to, you can't wear your BDU pants with your favorite orange T-shirt.

Half of the first day of the trip will be spent traveling to the hotel in Greece, which is run by Greek Americans and sounds like a pretty nice place. The buses will pick you up and drop you off there each day, so you don't have to worry about any transportation issues.

This trip can really benefit people who want to know more about Christian history. So many of us, me included, have read about biblical peo-

ple and events all our lives, but never once have we seen where they actually were. Well, here's your chance to match words with real places. You can see the prison where Paul was held in Philippi, a nearby marketplace where he was beaten, and numerous ruins left from the cities of his day. One of the stops is the stream where the first Christian was baptized in Europe.

Chaplain (Lt. Col.) Andrew Aquino is one of the "tour guides" for the trip. He can't stress enough how great an opportunity this is for Soldiers here in Kosovo. It can be an experience that will strengthen your faith and open your eyes to what the world was like during biblical times.

For a mere 150 Euros, you can embark on a journey that is both physical and spiritual. And once your deployment is up, you may never again be within driving distance of a place like this. ★



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PHOTO BY SGT. BENJAMIN HOKKANEN

Use that competitive fire to get in shape

Camp Monteith MWR has plenty of reasons to get off the rack and get into the game – if you think you can take it...

Don't know what to do when boredom strikes? Soldiers combat boredom during down time in different ways: watching TV, reading a book, tossing a football, or listening to music. Luckily, Soldiers at Camp Monteith have plenty of things to do if you're looking for a little sports action.

Isaiah Hendricks, the lead Morale, Welfare and Recreation (MWR) specialist for Camp Monteith, and his MWR staff have many sports leagues and programs available for Soldiers who want to fend off the monotony of everyday life. And best of all, MWR provides such a variety of events they are almost able to provide something for everyone by offering everything from basketball tournaments to bench-press competitions.

For Soldiers who have the itch for some friendly rivalry, Hendricks and his staff have many events available. All through the fall, MWR will be having "Super Sunday." Super Sunday is a single-elimination, winner-take-all flag football tournament, giving the units an opportunity to finally prove who is the best.

If football isn't the relief you need and you long for some hoops action, the MWR team has you covered with their various basketball activities. If you long to "Be like Mike" (or for you Ohio folks, King James), or are just looking for some friendly YMCA-style, old-man ball action, MWR hosts several basketball leagues and tournaments, along with the nightly pick-up games at the Monteith gym and outdoor basketball court. And to top it all off, once a year the sharpshooters get their chance to showcase their skills at the three-point and free throw contests.

Soldier's looking to spike something other than a football will be glad to know that MWR also hosts volleyball leagues and tournaments. There are 4-on-4 sand volleyball tournaments, as well as indoor leagues, starting soon.

If dumbbells and bench presses are your game, Hendricks' crew takes care of you too. Bench-press and weightlifting competitions allow Soldiers to prove once and for all who really is the biggest, baddest and toughest. Wimps need not apply.

Of course, for all of these leagues

and events, officials are needed to keep things fair. If you're a sports fanatic who can't commit to participating in an event but want to do more than watch from the sidelines, contact the MWR staff and they will gladly help schedule in some time for you to lend a hand refereeing different games and leagues.

For those of you who are simply too drained after a long day's work to physically participate in these events, MWR has you squared away. You can participate virtually in the Xbox video game tournaments held in the MWR building. There are a variety of tournaments offered including sports, racing, and role-playing game titles.

So next time you feel cabin fever setting in and you feel like you'll go loony if you play one more game of Spades, get out and see what the fine folks at MWR have to help you burn off some of that pent-up competitive fire. ✪



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hand because they can get you some speed and movement. Sure, you can argue back that you can sprint a mile in a pair of tankers and I'll be sure to let the medics know where to pick you up.

Seriously, jungle boots have been used, and abused and left virtually unchanged for a long time because the design is sound.

When it comes to leather everyone has their own opinions, as well they should. You need your opinion, because you are responsible for taking care of your feet regardless of anyone's opinion of a certain make or model of boot.

Comfort and fit are the keys to getting the most out of a leather boot.

How the boot fits will immediately let you know where those blisters will start to show when you get on down the path. Pay particular attention to the heel and toe.

If the heel allows your foot to move around, then that boot just might not be for you no matter how it fits the rest of your foot.

Even if you've ordered the boots online, don't hesitate to send them back unless you really enjoy wincing in pain with every step.

In the toe area you don't want to be sliding around either. There are enough boot manufacturers out there that you need to make the effort in finding that ideal model for your feet.

Sometimes the best boots might not feel totally comfortable at first due to stiffness, but fit you snugly.

Many times these can be the best for you as leather boots need care to get to the ideal comfort level, but will treat your feet right.

Another sound piece of advice is to pay attention to the insole for any given boot.

If you purchase boots that require you to replace the insole, then you need to have those soles with you when you are trying them on.

There are also a number of companies that have started offering custom or heat-activated insoles.

If you find your arches are a bit on the touchy side, then you really ought to look into these.

When you try a boot on, also wear the socks you plan on wearing with the boot.

Sports socks and wool socks fit you in completely different ways, so you have to take into account which you'll be wearing.

Basically, you really need to do your homework before you decide on a boot. This means coming prepared to try on a boot with the insoles and socks or prepared to send the boots back if you buy them online.

The end result is that you'll end up with your feet, and attitude, in the right place when you get to where you are going. ★



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ARMY (Continued from Page 9)

them say hi to anyone.

Guardian: What are you looking forward to accomplishing while here, either personally or professionally?

Kramer: Personally, I am looking forward to saving money, paying off all my bills so I can go home and pretty much have a clean slate.

I'd also like to get a few classes taken care of towards my Associate's Degree. As far as professionally, I would like to get PLDC done as well as get my Expert Infantry Badge if they offer that.

Hopefully that will help me work my way to becoming an NCO, which is my

goal ultimately, to earn the stripes.

This will be a good stepping-stone to that goal.

Guardian: What do you do back home, in the civilian world?

Kramer: I am a full time student at Columbus State Community College, working on my Associate's Degree. I am actually pretty close to it now. Once I finish with that I will probably transfer to The Ohio State University, once I figure out what I want to major in.

Guardian: Do you have any words to live by?

forms of pavement.

"The key here is simplicity: taking running technology midsole unit and using a variety of soles produce a much more performance-driven boot," said John Bradley, President of Resole America and Military-bootrepair.com

A company called Vibram makes ripple soles, as well as a number of variations of traction-based soles. These are sold as aftermarket options, but also can come stock from boot manufacturers as well. Vibram's Sierra sole uses ridges and lugs with various angles and notches to provide good braking, push-off and overall performance.

Basically, the sole is like a running shoe combined with a jungle boot.

The company also has comfort-based soles, and a newly designed running sole. The sole is pretty much a luxury SUV sole. It is designed for speed like a track shoe, but has off-road capability, too.

"The New Runner is very popular for daily wear. It isn't as rugged as the Sierra, but is great for roads/general wear. It really turns the boot into a running product, as the lightweight midsole provides tremendous cushion, said Bradley. He added that the New Runner doesn't fit on all boots, and it works primarily on rebuilding the standard issue boots.

No matter which kind of sole you are interested in, be sure you either try it on your feet or get some first-hand advice before buying. ★



Vibram New Runner

Kramer: "The truth is that strength lies in the interior of the warrior, in his heart, his mind and his spirit."

And "All men are the same except for their belief in their own selves regardless of what others may think of them." Both are from Miyamoto Musashi's The Book of Five Rings. ★



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Parting Shots



PHOTO BY STAFF SGT. TOMAS ROJKAHR